Shorin Ryu Karate Terminology

KARATE TERMINOLOGY:

Onegaishimasu It means - Please teach me

What you say at the beginning of a class when you bow to Sensei from a kneeling position.

Also say this to a fellow student when you begin partner work. You can also say this to a higher rank before or after class if you need personal instruction.

Domo arigato gozaimashita It means - Thank you very much

What you say at the end of a class when you bow to Sensei from a kneeling position.

Do itashimashite It means - You are welcome

This is a reply to “Domo arigato gozaimashita” (Thank you very much)

TERMS USED DURING CLASS:

Dojo = Training hall

Karate Gi = Karate Uniform,

Obi = Belt

Hajime = Begin

Karate = empty hand

Kiotsuke = Attention

Mo ichi do = One more time

Rei = Bow

Sensei = Teacher

Yame = Finish

Yoi = Ready (Go into Kamae - ready position)

Numbers 1-10:

Ichi; ni; san; shi; go; roku; shichi; hachi; ku; jyu

BLOCKS (Uke):

Gedan barai = Low

Chudan uke = Middle

Jodan uke = High

Morote uke = Augmented

Soto uke = Outside

Uchi uke = Inside

KICKS (Keri):

Hiza uchi = Knee strike

Fumi komi = Stomp Kick

Mae geri = Front kick

Mawashi geri = Roundhouse

Ushiro geri = Back kick

Yoko geri = Side kick

STANCES (Dachi):

Kokutsu dachi = Back

Naihanchi dachi = Naihanchi

Shiko dachi = Straddle

Uki ashi dachi = Floating

Zenkutsu dachi = Front

DIRECTIONS:

Hidari = Left

Migi = Right

Shomen = Front

Ushiro = Back

OTHER HAND TECHNIQUES:

Kagete = hooking hand

Nagashi = Flowing hand

Nukite = Spear hand

Shuto = Knife edge

Tettsui = Hammer fist

Uraken = Back fist

Zuki = Punch

TERMINOLOGY:

Kyu = Rank below black belt

Dan = Black belt rank

Sempai = Assisting senior student

Sensei = Teacher

Shihan = Master Teacher

Renshi = Polished Master Teacher

Kyoshi = Grand Master

Hanshi = High Grand Master

Kiai = Shouting spirit

Kime = Focus

Kimochi = Attitude

Pinan = Peaceful mind

Dojo Kun:

1. To strive for perfection (completion) of character

2. To defend (Protect) the paths (ways) of truth

3. To foster the spirit of effort (Endeavor)

4. To honour and respect one’s fellows (Respect Others)

5. To guard against impetuous courage (Refrain from violent behavior)

KATA:

Kihon Kata Shodan

Kihon Kata Nidan

Kihon Kata Sandan

Kihon Kata Yondan

Kihon Kata Godan

Kihon Kata Rokudan

Kihon Kata Nanahan

Kihon Kata Hachidan

Fukyugata Ichi

Fukyugata Ni

Naihanchi Shodan

Naihanchi Nidan

Naihanchi Sandan

Pin-an Shodan

Pin-an Nidan

Pin-an Sandan

Pin-an Yondan

Pin-an Godan

Passai Sho

Passai Dai

Kusangku Sho

Kusangku Dai

Chintou

Gojushiho

Jion

Koryu Passai

Teisho